

School Nutrition Programs

Meal Pattern Requirements for Young Children

Food Component	1 - 2 Years	3 - 5 Years
BREAKFAST		
Milk, fluid	1/2 Cup	3/4 Cup
Fruit or Vegetable	1/4 Cup	1/2 Cup
<i>Select one serving from each of the following components or two from one component:</i>		
Bread/Bread Alternate*	1/2 Slice	1/2 Slice
Meat/Meat Alternate (1/2 of requirements listed under Lunch)	1/2 Ounce	1/2 Ounce
LUNCH		
Milk, fluid	3/4 Cup	3/4 Cup
Meat or Meat Alternate	1 Ounce	1½ Ounces
Cheese	1 Ounce	1½ Ounces
Yogurt, plain or flavored, Unsweetened or Sweetened	1/2 Cup	3/4 Cup
Egg	1/2 Egg	3/4 Egg
Cooked Dry Beans/Peas	1/4 Cup	3/8 Cup
Cottage Cheese	1/4 Cup	3/8 Cup
Peanut Butter or other nut or seed butters	2 Tbsp.	3 Tbsp.
Nuts and/or Seeds**	1/4 Cup	1/2 Cup
Vegetable/Fruit: Serve 2 or more separate and identifiable fruit/ vegetable dishes	1/2 Cup Total	1/2 Cup Total
Bread/Bread Alternate*	5 Servings/week	8 Servings/week
SNACK - Select 2 of 4 Components		
Milk, fluid	1/2 Cup	1/2 Cup
100% Juice, Fruit or Vegetable	1/2 Cup	1/2 Cup
Meat/Meat Alternate	1/2 Ounce	1/2 Ounce
Bread/Bread Alternate*	1 Serving	1 Serving

* An acceptable serving of a bread alternate (cornbread, biscuits, muffins, etc.) is made of whole grain or enriched meal or flour, or a serving of whole-grain or enriched cereal, or cooked enriched or whole grain pasta product.

**May not be the only protein source

Bread Serving Sizes: These foods may be mixed/ matched to obtain the required bread equivalents		
Breads	1/2 Slice	1 Slice
Grains	1/4 Cup	1/2 Cup
Pasta	1/4 Cup	1/2 Cup
Cereal - DRY	1/3 Cup	3/4 Cup
Cereal - HOT	1/4 Cup	1/2 Cup

Meat Serving Sizes: These foods may be mixed/ matched to obtain the required meat equivalents		
Meat	1/2 Ounce	1 Ounce
Eggs	1/4 Egg	1/2 Egg
Peanut Butter	1 Tbsp	2 Tbsp.
Beans	1/8 Cup	1/4 Cup
Yogurt	1/4 Cup	1/2 Cup



School Nutrition Programs

Meal Pattern Requirements for Infants

Foods in the infant lunch pattern shall be of a texture and consistency appropriate for the particular age group being served, and shall be served to the infant during a span of time consistent with the infant's eating habits. For infants 4 through 7 months of age, solid foods are optional and should be introduced only when the infant is developmentally ready. For infants 8-11 months of age, the entire meal pattern as specified below must be provided. Breast milk, provided by the infant's mother, may be served in place of the infant formula from birth through 11 months of age, but meals consisting only of breast milk are not reimbursable. Milk is not recommended until the infant is developmentally ready for it (at about 1 year of age).

Lunch			
Food Component	Birth - 3 months	4 - 7 months	8 - 11 months
Formula* or Breast Milk	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
Infant cereal**	-0-	0-3 Tablespoons	2-4 Tablespoons <i>and/or meat component</i>
Fruit or vegetable***	-0-	0-3 Tablespoons	1-4 Tablespoons
Meat, fish, poultry, egg, beans or peas, cheese.	-0-	-0-	1-4 Tablespoons <i>and/or cereal component</i>
Breakfast			
Food Component	Birth - 3 months	4 - 7 months	8 - 11 months
Formula* or Breast Milk	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
Infant cereal**	-0-	0-3 Tablespoons	2-4 Tablespoons <i>and/or meat component</i>
Fruit or vegetable***	-0-	0-3 Tablespoons	1-4 Tablespoons
Snack			
Food Component	Birth - 3 months	4 - 7 months	8 - 11 months
Formula* or Breast Milk	4-6 fluid ounces	4-6 fluid ounces	2-4 fluid ounces <i>or</i> <i>100% fruit juice</i>
Bread/crackers	-0-	-0-	0-1/2 slice bread or 0-2 cracker-type products

* iron-fortified formula intended for dietary use solely as a food for infants in a liquid state at recommended dilution.

** iron-fortified dry cereal especially formulated and generally recognized as cereal for infants that is routinely mixed with formula or milk prior to consumption.

***at a consistency appropriate for the infant.

